

HUBS

OUR HUBS ARE THE BEST PLACE TO FIND OUT MORE ABOUT MENTAL HEALTH AND WHAT WE DO AT OTR, PARTICULARLY IF YOU AREN'T SURE WHERE TO START

DROP IN

HAVE A CHAT

GET SUPPORT

ENJOY TEA AND BISCUITS

SIGN UP TO OUR SERVICES

JOIN WORKSHOPS

MONDAYS 4-7PM
SATURDAYS 10AM-1PM
8-10 WEST STREET
OLD MARKET, BS2 0BH

BRISTOL

WEDNESDAYS
3.30-5.30PM
THE ARMADILLO
STATION ROAD, BS37 4FW

YATE

"Everyone is so friendly and they really took the time to listen and help me find the right support"

OTR

@OTRBRISTOL   